

NOV 03 2006

p 6601

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is**

*because kids love
to eat fruits & vegetables*

**What I like least about the proposed
changes is**

Thank you for reading my comments.

Sincerely,

Wendy Moulder
WIC Participant

NOV 03 2008

p 6602

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is fruits & vegetable
& whole grains.**

**What I like least about the proposed
changes is N/A.**

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV 03 2008

P 6603

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**


**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is Soy Milk, vegetables
fruits.**

**What I like least about the proposed
changes is None, I like
everything.**

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV 03 2008

p 6604

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is we could now get
fruits and juice instead of only juice.**

**What I like least about the proposed
changes is _____**

Thank you for reading my comments.

Sincerely,

Michelle Tostado
WIC Participant

NOV 03 2008

p 6605

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is that the children
will get more fruit in their diets

What I like least about the proposed
changes is everything
sounds good.

Thank you for reading my comments.

Sincerely,

Sonia Garcia
WIC Participant

NOV 02 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is the changes will
help kids grow up sane.**

**What I like least about the proposed
changes is too many bad interpretations
about the changes.**

Thank you for reading my comments.

Sincerely,

Arturo Vazquez
WIC Participant

p 6607

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

added fruits & vegetables.

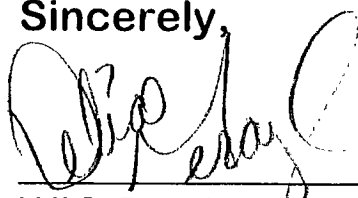
*need more vegetables.

What I like least about the proposed changes is

no option for whole milk, less milk

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that we can receive fruits & veg., bread.

What I like least about the proposed changes is

~~Receiving~~ Receiving less milk, egg & Cheese

Thank you for reading my comments.

Sincerely,

Rachel Medrano
WIC Participant

Riverside County, California

OCT 31 2008

p 6609

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that we can receive fresh fruits
& veg, & bread

What I like least about the proposed changes is

Receiving less milk, eggs & Cheese

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Added Bread and fruits and veggies.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Mavis R. Llanos
WIC Participant

Riverside County, California

WIC Food Package Rule
0584-AD77

p 6611
06-P
OCT 23 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is less milk,**

**What I like least about the proposed
changes is the Change in Eggs and
Cheese, especially if you change the milk**

Thank you for reading my comments.

Sincerely,

April Carter
WIC Participant

WIC Food Package Rule
0584-AD77

P 6612

06-P

OCT 23 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** adding Fresh fruit
and Veggies.

**What I like least about the proposed
changes is** the cutting down on
milk and cheese.

Thank you for reading my comments.

Sincerely,

Bella Lutz

WIC Participant

WIC Food Package Rule
0584-AD77

p 6613

06-P

OCT 23 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

What I like most about the proposed

changes is more variety and
less juice + eggs, better healthy cereal.
canned beans are easier to cook.

What I like least about the proposed

changes is less milk choices

Thank you for reading my comments.

Sincerely,

Kelly Connolly
WIC Participant

Re: ID # 0584-AD77
WIC Food Package Rule

06-P

**Dear Friends at US Department of
Agriculture,**

OCT 28 2006

**I am writing to tell you what I think about the
proposal to change WIC foods.**

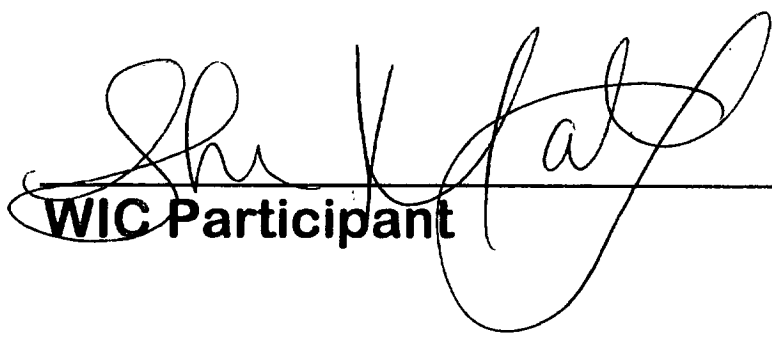
**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** The tortillas &
the veges.

**What I like least about the proposed
changes is** the milk

Thank you for reading my comments.

Sincerely,



WIC Participant

WIC FOOD Package Rule
0584-AD77

p 6615

06-P

OCT 23 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** You added fruit +
Vegetables.

**What I like least about the proposed
changes is** The drop in milk +
Cheese

Thank you for reading my comments.

Sincerely,

Tara Whitaker-Braden

WIC Participant

WIC FOOD PACKAGE Rule
ID # 0584-AD77

p 66/6

06-P

OCT 23 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is fruits & vegi.**

**What I like least about the proposed
changes is less milk.**

Thank you for reading my comments.

Sincerely,


WIC Participant

WIC Food Package Rule
WIC ID # 0584-AD77

p 6617

DB-P

OCT 23 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is More fruits + veggies**

**What I like least about the proposed
changes is Nothing should be
cut! That's why I pay taxes!**

Thank you for reading my comments.

Sincerely,


WIC Participant

WIC FOOD Package Rule
0584-AD77

p 6618

06-P

OCT 23 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** The Fruits + Veg

**What I like least about the proposed
changes is** Less milk + cheese

Thank you for reading my comments.

Sincerely,

Kris Bean
WIC Participant

p 6619

Re: DOCKET ID # 584-AD77
WIC Food Package Rule

**Dear Friends at US Department of
Agriculture,**

06-P
OCT 23 2006

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** fruit + veggies -
my kids love them -.

**What I like least about the proposed
changes is** less cheese
_____.

Thank you for reading my comments.

Sincerely,



WIC Participant

WIC Food Package Rule

#0584-AD77

p6620

06-P

**Dear Friends at US Department of
Agriculture,**

OCT 23 2006

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** the canned beans, fruits + veggies
and addition of whole grains.

**What I like least about the proposed
changes is** the reduction in amounts
of milk and cheese (though I understand why!)

Thank you for reading my comments.

Sincerely,

Acacia X Shaw
WIC Participant

Re- WIC FOOD PACKAGE Rule
0584-AD77

p6621

OCT 23 2006

06-P

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

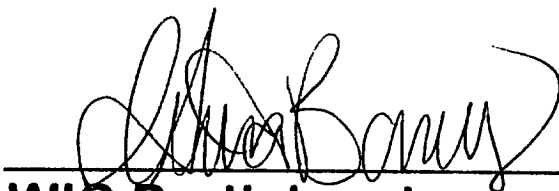
**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is Fruits + Veggie**

**What I like least about the proposed
changes is less milk + cheese + eggs**

Thank you for reading my comments.

Sincerely,



WIC Participant

WIC Food Package Rule
0584-AD77

p 6622

06-P

OCT 23 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** fruit & vegetables

**What I like least about the proposed
changes is** less milk & eggs

Thank you for reading my comments.

Sincerely,

Rhonda Chambers

WIC Participant

WIC Food Package Rule
0584-AD77

p 6623

06-P

OCT 23 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

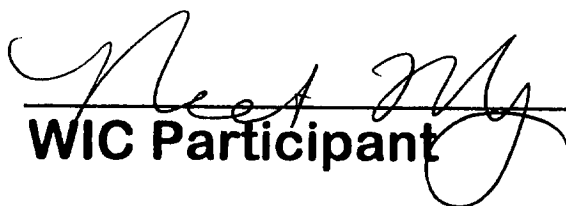
**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** tortillas + fruit

**What I like least about the proposed
changes is** less cheese

Thank you for reading my comments.

Sincerely,


WIC Participant

Re: WIC Food Package Rule
0584-AD77

p6624
06-P

OCT 23 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** fruits & Veggies.

**What I like least about the proposed
changes is** less cheese and
juice.

Thank you for reading my comments.

Sincerely,

Donna Abad Olvera
WIC Participant

WIC Food Package Rule
0584-AD77

p6625

OCT 23 2006

06-P

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

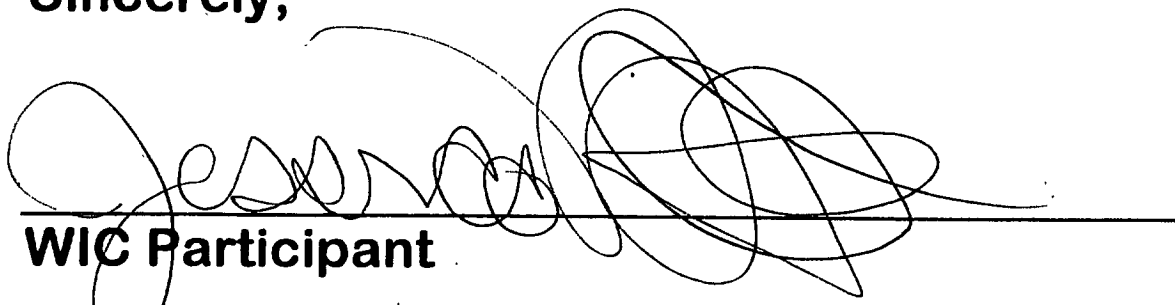
**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** I like the fruits
and veg. part.

**What I like least about the proposed
changes is** there is less

Thank you for reading my comments.

Sincerely,


WIC Participant

WIC Food Package Rule
0584-AD77

p 6626

06-P

OCT 23 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is More whole grains
and veggies.**

**What I like least about the proposed
changes is nothing**

Thank you for reading my comments.

Sincerely,

Cheryl Bennett
WIC Participant

NOV 03 2006

p 6627

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is veggies & fruit

What I like least about the proposed changes is _____

less milk

Thank you for reading my comments.

Sincerely,

Nubia Aldana
WIC Participant

NOV 03 2008

p 6628

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is That the kids are going to have more vitamins.

What I like least about the proposed changes is everything is ok as it is.

Thank you for reading my comments.

Sincerely,

Elled Ruiz

WIC Participant

NOV 03 2008

p 6629

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is The addition of
fruits and veggies More Choices.**

**What I like least about the proposed
changes is There is nothing
I dislike.**

Thank you for reading my comments.

Sincerely,

Jo V. Garcia

WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like it because fruit and veggies are an huge asset to our everyday diet and life. They are ^{healthy} ~~an~~ for all of our families.

What I like least about the proposed changes is

Nothing.

Thank you for reading my comments.

Sincerely,

Sharon Ables

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

- the selection of whole grains
- dairy substitution
- fresh fruit + veggies
- less cheese (previously too much cheese)

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Rafaela Jones
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I think the fruit and vegetables are a
good idea, also the Bread. I think it's a
good idea.

What I like least about the proposed changes is

The Cheese my daughter eats a lot of
Chesse, so we might need more

Thank you for reading my comments.

Sincerely,

Laura Peña
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

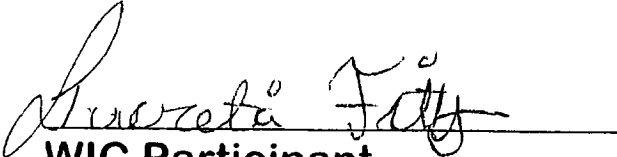
The fruits and vegetables added and also the fish. I think that's an excellent idea.

What I like least about the proposed changes is

The Tofu but then again you have to be fair to the vegetarians. Also the cutting down on milk. That milk was really helping out.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

p 6634

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the addition of fruit and
vegetables

What I like least about the proposed changes is

The cut in milk, cheese, and juice

Thank you for reading my comments.

Sincerely,

Kristen
WIC Participant

Riverside County, California

Re: 0584-AD77- WIC Food Package Rule ^{OCT 23 2006}

06-P

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is great to have Fruits
and veggies.**

**What I like least about the proposed
changes is Decrease in milk
cheese etc..**

Thank you for reading my comments.

Sincerely,

Sharon Ylona

WIC Participant

Re: ID 584-AD77

OCT 23 2006

**Dear Friends at US Department of
Agriculture,**

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is fruits + veggies - fresh
+ the bread.**

**What I like least about the proposed
changes is less juice, milk, cheese,
+ eggs.**

Thank you for reading my comments.

Sincerely,

Sandra Gomez (mom) of Sara
WIC Participant

p 6637

Re: ID 584-AD 77 - WIC Food Package Rule
06-P

**Dear Friends at US Department of
Agriculture,**

OCT 23 2006

**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is adding fruits & vegetables
although I'm concerned about how I'll keep
track of price as I'm shopping
**What I like least about the proposed
changes is the decrease in amount
of cheese.****

Thank you for reading my comments.

Sincerely,

Amber Hicks
WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

less Juice, Soy milk, no whole milk for over
whole wheat Bread. 2 yrs. old

What I like least about the proposed changes is

the option of Canned Beans & cheddar-American che

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

p6639

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

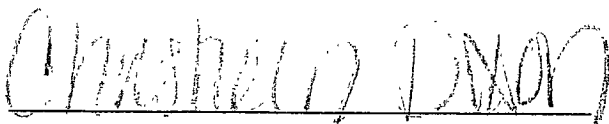
I like that they will be adding a more variety of thing.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

p 6640

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

fresh
fruits & veggies

What I like least about the proposed changes is

no whole milk

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Going to have fruits and whole grain breads.

What I like least about the proposed changes is

juice and milk.

Thank you for reading my comments.

Sincerely,

Santa Lopez

WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

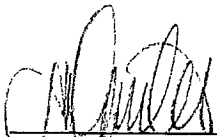
there is fruits & vegetables, and there is less juice & cheese

What I like least about the proposed changes is

there will no longer have whole milk and less eggs and they will only provide whole grains cereals

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That ~~now~~ we are getting fruits & veggies and it's very good.

What I like least about the proposed changes is

What ever we get is appricated and I am happy and thankful for what I get.

Thank you for reading my comments.

Sincerely,


WIC Participant

10-17-06

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

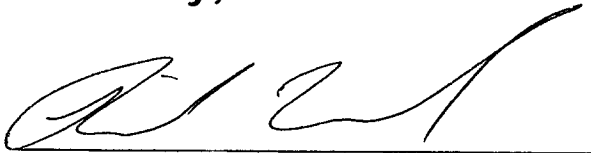
What I like most about the proposed changes is

The overall package is a lot better. It's more healthy, and will contribute ~~to~~ greatly to growing babies.

What I like least about the proposed changes is

The only thing (which isn't really a bad thing) is changing the choice of milk and only limiting to low or no fat. Some people don't like the taste of low fat, so it would probably just go to waste. Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Adding fruits and vegetables to WIC is a great idea, this encourages mom to feed more F/V to children.

What I like least about the proposed changes is

at one point yogurt was proposed alot of clients are asking for that what happened to the yogurt.

Thank you for reading my comments.

Sincerely,

Maria A. Jones
~~WIC Participant~~ Staff/employee

Riverside County, California

p 6646

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like because add vegetables and fruits

What I like least about the proposed changes is

I don't like is because is least milk and
cheese

Thank you for reading my comments.

Sincerely,

Sandra Valentin

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

fresh veggies - Bread -

What I like least about the proposed changes is

will get ^{less} of a lot of things

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

p 6648

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

fresh fruits & veggies

What I like least about the proposed changes is

still accepting yellow cheese.

All cheese. I would like see in white only

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

P 6649

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

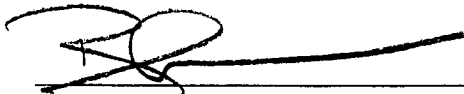
What I like most about the proposed changes is

Veggies, fruits, bread

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The addition of fresh fruits and vegetables which
will encourage low-income families to purchase
healthier foods.

What I like least about the proposed changes is

The dollar amount to purchase fruits and
vegetables is extremely low. Families will not be able
to purchase a variety of produce especially when
the cost goes up.

Thank you for reading my comments.

Sincerely,

Valerie Thomas
WIC Participant

Riverside County, California